

GET TO KNOW . . .

# METIS TACTICAL... INJURY PREVENTION, REDEFINED.



## OVERVIEW

Metis Tactical is comprised of a team of sports medicine experts who are dedicated to protecting fellow first responders from line of duty injury. We bridge the gap between preventive health and functional performance by assessing, identifying, and correcting impaired movement that can lead to injury.

We use the concept of “Prehabilitation” to prevent occupational injury while optimizing functional performance.

Our system delivers customized injury prevention programming to your fingertips through our data-driven platform.

## INJURY PREVENTION PROGRAM COMPONENTS

- Movement Efficiency Assessment
- Individualized Prehabilitation Programming
  - Corrective Exercise
  - Flexibility
  - Recovery
- Performance Tracking
  - Assess the efficacy of current wellness programs with research-based metrics

## THE PROBLEM

Police, Fire, EMS, and Military Personnel face high risk for occupational injury. Healthcare costs continue to rise, resulting in a greater emphasis on preventative health.

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*“Leading type of Injury received during fire ground operations was **sprain, strain, or muscular pain** (52.7%).” – U.S. Firefighter Injuries 2015 Report*

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Muscle flexibility, core stability, strength imbalances and compensation due to previous injury are all acknowledged as significant risk factors for injury. However, these deficits are often overlooked during traditional medical and performance evaluations.

**7,560 injuries occurred during training activities.**

**13,275 injuries occurred during “other on-duty activities”. Of “other on-duty” injuries: 6,675 (50.3%) were strain, sprain muscular pain (more than during training activities!).**

## THE SOLUTION

We assess, identify, and correct impaired movement that can lead to injury.

Our Movement Efficiency Assessment identifies functional deficits related to mobility, stability, and proprioceptive limitations. Once identified, our system addresses deficiencies by providing targeted interventions through research-based methodology.

Our injury prevention programs are delivered digitally through our online platform and customized to best fit your needs.



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